

the winter 2011 cookbook

GOOD

get cozy

THE GOOD COMMUNITY'S GUIDE TO
A WARM BELLY AND A MELLOW SPIRIT
DURING TRYING WINTER TIMES.



"I know the look of an apple that is roasting and sizzling on the hearth on a winter's evening, and I know the comfort that comes of eating it hot, along with some sugar and a drench of cream..."

— MARK TWAIN



Whether you're battling another 19 inches of fresh snow in New England, or shivering because you woke up to temperatures below 60 in Southern California, it's the perfect time to experiment with our community's favorite comfort food recipes, submitted in response to our four-seasons crowdsourced cookbook project.



RECIPES

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CAKE WITH
OOZING HEART**
BY JONATHAN KARPATIOS

INGREDIENTS

- 1** medium Sweet Onion, chopped
- 5** Garlic Cloves, minced
- 2** Tbs Extra Virgin Olive Oil
- Salt + Freshly Ground Black Pepper
- 10** Roasted Piquillo Peppers (skins, stems and seeds removed; chopped)
- 14** oz Canned Tomatoes, diced in juice
- 1/2** cup Vegetable Broth
- 1** tsp Smoked Spanish Paprika
- 1/2** tsp Fresh Oregano, chopped
- 1/4** tsp Fresh Thyme
- 4 to 8** Eggs
- 1/4** cup Fresh Parsley, roughly torn
- 1** loaf Rustic Bread (crusty on the outside, soft inside)

SPANISH BREAKFAST STEW



BY LAINE HARDY

DIRECTIONS

1. Heat olive oil to medium in a medium saucepan with a lid. Saute onions + garlic, seasoned with salt + pepper until very tender, about 10 to 15 minutes. Do not allow to brown.
2. Add peppers and paprika, stirring constantly for 1 minute. Add tomatoes, oregano, thyme, and broth and bring to a gentle boil. Allow to reduce over a low simmer for 15 minutes. Juices should just thicken. Allow to cool covered overnight.
3. When ready to serve, bring stew to a gentle boil.
4. Make a cup within the stew by pushing aside the tomato and pepper chunks. Crack an egg into the prepared spot in the stew. Repeat with 3 more eggs making sure that they are separated enough that their whites do not touch.
5. Allow eggs to poach for about 5 minutes until whites are set. Scoop eggs from stew. Repeat with remaining 4 eggs if desired.
6. Serve eggs in a shallow bowl over a large spoon full of stew. Top with parsley and serve with bread.

INGREDIENTS

- 2** lbs of lean beef stew meat, cut into cubes
- 1** large chopped white onion
- 2** cloves chopped garlic
- 3** carrots, sliced
- 3** ribs celery, sliced
- 2** medium sized potatoes, cut into cubes
- 1** can beer
- 1** cup beef broth
- 2** tsp salt
- 1/2** tsp pepper
- 1** tsp oregano
- 3** tbsp tomato paste

DIRECTIONS

1. Throw all ingredients in crock pot and mix well.
2. Cover and cook 8-10 hours.

BEEF & BEER STEW



BY SARA KELLER

INGREDIENTS

- 2 lbs whole, boneless chicken breasts
- 1 can chickpeas (drained and rinsed)
- 1 large ancho chile
- 1/2 cup brown rice
- 1/4 cup olive oil
- 2-3 carrots
- 2 celery stalks
- 2 medium onions
- 4 garlic cloves
- 1/2 cup diced tomato
- 1/3 cup chopped fresh parsley
- 1/4 cup chopped fresh chives
- 1/2 teaspoon dried Italian herbs
- 1 1/2 quarts of water
- Cumin
- Salt
- Black Pepper
- Optional: cilantro, thyme, or oregano, and bay leaf.

BY WILLIS BAXTER JOHNSON



ANCHO CHILE CHICKEN & CHICKPEA SOUP

DIRECTIONS

1. Prepare in a 3 quart pot. Dice or chop carrots, celery, onions, and garlic. Sauté in olive oil for 2-3 minutes. Add water. Salt and black pepper to taste. Stir a few times. Bring to boil. This is a classic base for stocks.
herbs like cilantro, thyme, or oregano.
2. Add 2 lbs. whole boneless chicken breasts. Lower heat. Place on lid. Keep an eye on the clock. Cook chicken for 25 minutes. Carefully remove chicken from pot; use tongs if possible. Set aside to cool.
3. While chicken cooks, place ancho chile in food processor or blender; make a coarse powder. Add ancho chile powder to pot.
4. Add cumin, dried Italian herbs, chopped parsley, chives, salt and black pepper. Save some parsley and chives for garnish later. Season to your taste. Throw in a bay leaf if you have it. Tailor to your palate with the addition of fresh
5. Add chickpeas, diced tomato and brown rice. Stir.
6. Cube, chop or shred cooked chicken. Remove the skin first if it is not skinless chicken. Return chicken to pot. Stir. Cover with lid. Cook on low heat for 30 minutes. Depending on rice, may need a few more minutes. Be sure to stir the pot a couple of times.
7. Ladle Ancho Chile Chicken and Chickpea Soup into bowls. Garnish with chopped parsley and chives. Enjoy this comforting soup with flavor notes from warm climes.

INGREDIENTS

- 8** medium-small Yukon gold potatoes, cut in cubes
- 1** carton (32 oz) chicken broth
- Half a bulb roasted garlic
- 1/2** of a medium onion, chopped
- 1/2** tsp each salt and ground pepper
- 1/3** c flour
- 1** c milk
- 1.5** c aged cheddar cheese, shredded
- 1** teaspoon bacon oil (from the bacon)
- 1/2** c marble cheese, shredded
- 1** granny smith apple, cubed
- 1** can (14oz) whole kernel corn, drained
- 4** strips bacon (see tip)
- Chopped scallions

BAKED POTATO CHOWDER



BY TRACY TSUI

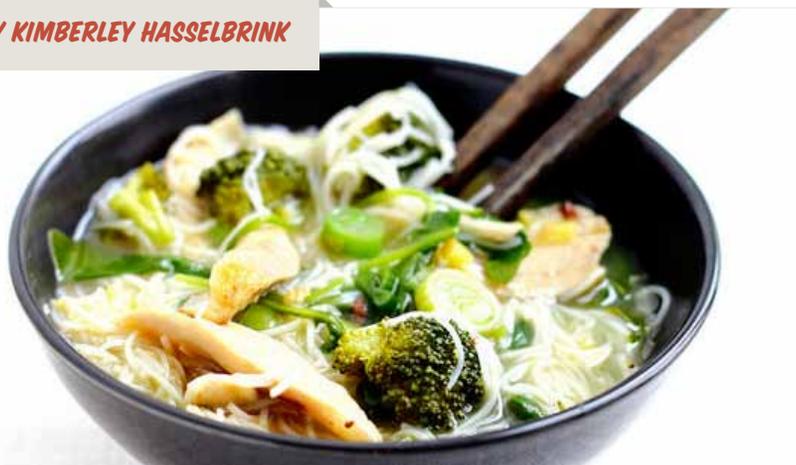
DIRECTIONS

1. Boil potatoes until tender (You should be able to stick a chopstick into it with a little bit of force, but don't let the potatoes break). Drain. Leave 4 potatoes in pot and take the rest out for dicing.
2. Mash the potatoes in the pot with a fork. Stir in broth, garlic, onion, salt and pepper. Heat to boiling. Reduce heat to medium. Cook uncovered for 2 minutes.
3. In small bowl, stir flour into milk with wire whisk until well mixed. Add milk mixture and bacon oil to potato mixture, stirring constantly.
4. Cook over medium heat, stirring frequently, until mixture thickens and boils.
5. Stir in cheeses, diced potatoes, corn, apples, and bacon till cheese is melted.
6. Ladle chowder into bowls. Top with scallions/shredded cheese.

INGREDIENTS

- 3** chicken legs
- 4** cups chicken broth
- 2** cups water
- 3** tbsp. miso
- 3** tbsp. fresh ginger, minced (use a little less if you aren't as enamored of ginger)
- 2** large garlic cloves, minced
- 2** tablespoons dry Sherry, optional
- 1** bunch green onions, diced
- 4** ounces dry pasta (vermicelli rice noodles in this recipe, but anything will work: conventional pasta, buckwheat noodles, etc.)
- 1.5** cups broccoli florets, diced
- 2** cups arugula or spinach
- 2** tsp. oil
- Salt and pepper to taste

BY KIMBERLEY HASSELBRINK



CHICKEN GINGER SOUP WITH NOODLES

DIRECTIONS

1. Warm the oil in a stockpot over medium-high heat. When hot, add the chicken legs. Brown all sides for about ten minutes. Meanwhile, combine the miso paste with 1 cup of the chicken broth, mashing with a spoon to dissolve.
2. When the chicken is nicely browned, add the remaining chicken broth, water and miso paste. Deglaze the pot by scraping any browned bits from the bottom.
3. Add the ginger, garlic and sherry. Reduce heat and let the chicken legs simmer until cooked through, another 20 minutes or so.
4. When the chicken is ready, remove from the pot with tongs and set aside to cool. (Placing in a fridge will expedite this process.) Turn off the heat on the broth, and skim any excess fat from the top.
5. While the chicken is cooling, cook the pasta according to directions – but be very careful not to overcook! Drain and set aside.
6. Once the chicken is cool enough to be handled, remove skin and tear or chop into bite-sized chunks.
7. Return the broth to a low flame. Add the broccoli and chicken and allow to simmer until broccoli is cooked but firm. Turn off heat and add green onions and arugula. Due to the saltiness of the miso, you may not need to add any salt. However, a few twists of a pepper mill is a welcome touch.
8. Ladle soup into bowls, and divide the noodles among each bowl. Serve hot!

INGREDIENTS

- 1** tbsp. extra virgin olive oil
- 2** boneless, skinless chicken breasts, cut into 1-inch cubes
- 1** hot, Italian sausage, cut into 1-inch slices
- 1** medium yellow onion, quartered and thinly sliced
- 4** cloves garlic, smashed and minced
- 4** stalks celery, sliced into ½-inch pieces
- 2** bell peppers (any color), cut into 1-inch pieces
- 1** large jalapeno, thinly sliced (leave seeds in)
- 1** large can (796 ml) diced tomatoes, with juice
- 1** tbsp. Cajun seasoning
- ½** tsp. cayenne (optional)
- ½** pound prawns, peeled and deveined, tail left on
- 4** servings penne, or desired short pasta, cooked according to package directions

HOT & SPICY JAMBALAYA



BY STEPHANIE ARSENAULT

DIRECTIONS

1. In a medium sized pot, heat oil over medium-high heat. Add chicken and sausage and cook until chicken is opaque throughout and slightly browned on the outside.
2. Add onion and garlic and cook just until fragrant, about 3 minutes, stirring often. Add the celery, peppers, and jalapeno, and continue to cook for another 15 minutes or until celery starts to become tender.
3. Add tomatoes, juice, Cajun seasoning, and cayenne, if desired; stir, reduce heat to low-medium, and cover. Cook for 30-40 minutes, or until celery reaches desired tenderness.
4. Stir in prawns, cover, and cook just until they are pink and opaque throughout, about 5 minutes. Do not overcook.
5. Serve over cooked pasta.

INGREDIENTS

- 6** cups chicken stock
- 4** garlic cloves, pressed
- 1** tsp Salt, White Pepper
- 2** sprigs fresh rosemary
- 1** cup cooked beans, your choice of blend- Kidney beans, Romano beans, Chickpeas, etc.
- 4** large sausage links (any flavor)
- 1** red onion, diced
- 2** large Roma tomatoes, diced
- 1** cup uncooked fusilli pasta (or similar)
- 1** tbsp. each balsamic vinegar, olive oil, white wine vinegar, lemon juice
- 1** handful Arugula
- 2** oz. Parmesan cheese, shaved

SAUSAGE MINESTRONE



BY ALLIE SCHULZ & JAKE ANDERSON

DIRECTIONS

1. Boil 6 cups of chicken stock, pressed garlic, white pepper, salt, rosemary. Let simmer.
2. Cook sausage on grill pan over medium heat, 3-4 minutes or until browned. Add diced onions cook and stir 3-4 minutes or until browned, stirring occasionally.
3. Take sausage out and cut into small sections. Add to stockpot along with the onions, tomatoes, beans, olive oil, vinegar, lemon juice, and pasta.
4. Simmer over medium heat and cook 10-12 minutes or until pasta is tender
5. Remove from heat and remove rosemary sprigs. Top with arugula, balsamic vinegar and salt.
6. Let stand 2-3 minutes and serve with Parmesan cheese over the top.

INGREDIENTS

- 1** lb. chocolate
- 1** lb. butter
- 8** egg yolks
- 8** eggs
- 5** ounces sugar
- 5** ounces flour

WARM CHOCOLATE CAKE WITH OOZING HEART



BY JONATHAN KARPATIOS

DIRECTIONS

1. Preheat the oven to 350° F.
2. Melt the chocolate and butter
3. Whip the eggs and sugar, and add the mixture of chocolate and butter.
4. Add the flour. Transfer mixture to small molds or ramekins.
5. Place molds in oven and bake for 15 minutes.



"You know, maybe if you ate more comfort food you wouldn't have to go around shooting people."

— HURLEY , LOST